



SPORTS LOVER

fashion for winners

TIGER TRACK KID RUNNING SHOES ADIDAS TRI-STAR

\$24-99



\$39-99



IN ADIDAS YOU'RE FIT FOR ANYTHING.

The biggest range of specialised
athletic footwear and clothing in

South Australia.



- | | |
|----------------------------------|---------|
| TEA TREE PLAZA | 2630888 |
| THE RENAISSANCE CENTRE | 2233511 |
| ELIZABETH CITY CENTRE | 2521111 |
| 79 RUNDLE MALL | 2232411 |
| WESTFIELD SHOPPING TOWN KILKENNY | 454727 |
| COLONNADES NOARLUNGA CENTRE | 3844100 |

On presentation of this booklet you receive a Discount
at either of our 6 Big Locations

Tea Tree Gully Athletics Centre Inc.



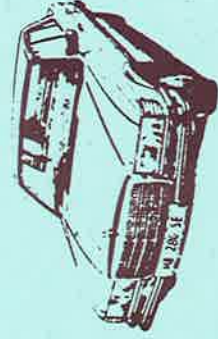
SUMMER PROGRAMME

**IF IT'S
SPORT YOU
WANT
WE'VE
GOT PAGES
OF IT**

The Advertiser
makes your sporting day

ALLAN CRASH
DOYLE REPAIRS

Jacobsen Crescent Holden Hill 5088



3 REASONS TO CHOOSE US

- FAST EFFICIENT PROFESSIONAL SERVICE
- ALL WORK CARRIES A 12 MONTH GUARANTEE • LOAN CARS AVAILABLE

Ph. 266 1555 266 1819

**MANAGER
ALLAN DOYLE
A.H. 356 0468**

CENTRE BEST-PERFORMANCE CERTIFICATES

Children who equal or better the previous Centre Best Performance at an Official meeting on the T.T.G.L.A.C. Programme are presented with a certificate in recognition of this achievement. New C.B.P. certificates will be presented at the next home meeting where possible. Centre Best Performances are displayed on the record board.

TEA TREE GULLY ATTENDANCE CERTIFICATES

Attendance points are awarded throughout the season one for each meeting with the exception being the Inter Centre Meeting which score 2 points. At the end of the season the points are totalled. Children who have dropped 2 points or less throughout the season are awarded an Attendance Certificate.

(An attendance point may be awarded if the recorder is notified in writing when a child is unable to compete due to illness or injury).

REGULATION FOR T.T.G. LITTLE ATHLETICS CHAMPIONSHIPS

To be eligible to compete in the T.T.G. Centre Championships children must be registered and have competed in at least 60% of possible meetings since their registration (excluding meetings requiring selection e.g. State Relays).

PLEASE NOTE - For the purpose of T.T.G. Championships children who have registered with the Centre in the previous season will be expected to re-register no later than November 16th , 1984.

The Publicity and Promotions Committee would like to thank our advertisers and all those who have contributed information to this programme. Alterations and additional information will be published in the Gully Runner later in the season.

PLEASE KEEP THIS PROGRAMME HANDY FOR REFERENCE THROUGHOUT THE 1984/85 SEASON.

TEA TREE GULLY ATHLETICS CENTRE INC.

P.O. Box 43,
St. Agnes, 5091.

Bulkana Oval,
Spring Crescent,
Banksia Park.

CENTRE MANAGEMENT COMMITTEE

President	Mrs. Wendy Barber	264 0636
Secretary	Mrs. Leonie Byrnes	263 6499
Treasurer	Mr. John Lockwood	251 1149
Education Officer	Mr. Jeff Page	337 9571
Fundraising Officer	Mr. John Wilmes	
Social Secretary	Mrs. Margaret McBride	264 8322
Publicity & Promotions	Mr. Laurie O'Connell	264 4681
Grounds & Equipment	Mr. John Graham	263 2224
Development Officer	Mr. Ray Tedore	263 3368

SENIOR SUB-COMMITTEE

President	Mr. Eric Matthews	265 3130
Secretary	Mr. Tony Davis	251 3214
Registrar	Mrs. Kath Matthews	265 3130
Recorder	Mr. Roy Barber	264 0636
Team Manager	Mrs. Wendy Barber	264 0636
Social Rep.	Mrs. Jan Voulelis	266 1061
Publicity & Promotions	Mr. Otto Arens	251 4369

LITTLE ATHLETICS SUB-COMMITTEE

President	Mrs. Loralie Dunn	261 6174
Secretary	Mr. Robert Miller	266 1616
Competitions Officer	Mr. Graham Hawke	263 8793
Recorder	Mrs. Cheryl Sturtzel	264 7043
Registrar	Mrs. Jane Ballenger	264 0330
Team Manager	Mr. Laurie O'Connell	264 4681
Officials Officer	(Mrs. Kath Lungarini	263 1344
	(Mrs. Delia Turner	251 3946
Social Rep.	Mrs. Joy Page	337 9571
Publicity & Promotions	Mrs. Denise Cutts	264 1372

There are also four other Sub-Committees:-
Fundraising, Social, Development and Publicity which forms the T.T.G.A.C.

REGULATIONS FOR T.T.G. LITTLE ATHLETICS MEETINGS
Home, Inter Centre, and Centre Championships.

ATHLETICS IN TEA TREE GULLY

Tea Tree Gully Athletics Centre began in November 1972 with the formation of a Little Athletics Club. As our little athletes began to graduate, a Senior Group was formed to enable them to continue with athletics in their own area and in 1978 the two groups became an incorporated body. These two sections have their own separate competitions, under the control of the S.A. Little Athletics Association and the Athletics Association of S.A. respectively. They share the same training grounds, facilities and management.

SENIOR ATHLETES

Our Centre has a growing senior group which caters for athletes from 15 years of age to Veterans. Competition is held at Olympic Sports Field, Kensington during the summer season. In winter, Cross Country meetings are held at various venues throughout the metropolitan area.

Training, under the supervision of several well qualified senior coaches is at Bulkana Oval. Coaching in all aspects of track and field competition is available. New members are always very welcome.

COSTS

Senior male & female	\$20
Veterans - male 40 & over	20
- female 35 & over	20
Under 20	16
Under 18	15
Under 16	15
Officials	5

In addition, membership of T.T.G.A.C. is \$7.00 annually. These fees cover all competition from April 1984 to April 1985.

Will all parents please familiarise themselves with the following rules:-

1. All competitors must wear suitable footwear. Spikes are permitted for U/12 - U/15s only as per Page 6.
2. Children must compete in their own age group.
3. Pacing is not permitted and may result in disqualification.
4. When track events require heats there will be no final. Ranking in heats will be strictly adhered to and final placings will be on recorded times. N.B. An exception to this rule is in the T.T.G. Championships whereby in the event of more than one child obtaining the same winning time in different heats all children with that time will take part in a run off to determine final placings. The better time recorded by the children in either race to be entered on their place certificate. In the event of a tie in the same heat for first place each child will be awarded first place.
5. Competitors must report to the official or their group leader at the beginning of each event. If not wishing to attempt the first or any subsequent height in the high jump, they must still report and remain at the event until eliminated. If a competitor is not available when called to jump/throw they will be called again at the end of the round or before the high jump bar is raised. If still not available they will miss the attempt for that round.
6. Age groups U/11 - U/15 must use the thick high jump landing mattress.
7. Both ends of the long jump pit may be used provided that one end is being used by an age group younger than U/11. This will require extra attention by the officials to ensure the pit is clear to jump.
8. At throwing events competitors and spectators must stand to the rear and at least 3 metres clear of the throwing circle, or outside the discus net where provided. U/12 - U/15 age groups must throw from discus area No.1, i.e. the one with net and the thrower only is allowed inside the net during competition or practice.
9. At Association Events e.g. Eastern Zone Championships, Little Athletes competing must be in correct centre uniform, including registration number.

TIMETABLE 1

SPECIAL EVENTS DAYS contd..

STATE INDIVIDUAL CHAMPIONSHIPS

Although the emphasis in Little Athletics is on 'Fun and Fitness' for all children, the Association recognises that many athletes seek the opportunity to compete in their chosen events with children from throughout the State.

The Association sets qualifying standards for all events in all age groups (Pages 10 & 11) Children must achieve these standards at least twice prior to nomination.

Nominations must be received by the Association before

3.00pm Friday 15th February 1985.

NO LATE ENTRIES WILL BE ACCEPTED.

AUSTRALIAN TEAM CHAMPIONSHIPS

Each year a team of 22 children from the Under 12 age group is selected to represent our State against teams from the other States. This year the Championships will be held in Melbourne. In the past Tea Tree Gully has been represented in the State Team on several occasions.

N.B. To be eligible for State Team Selection children must have registered before 16th Nov. 1984.

T.T.G. LITTLE ATHLETICS CHAMPIONSHIPS

Tea Tree Gully Little Athletics Championships are held towards the end of the season over two Sundays to enable the children to compete in all events for their age group.

See pages 15 and 16 for rules, regulations and eligibility to avoid disappointment.

CROSS COUNTRY - WINTER SEASON

During the winter months (May - August), a short cross country season is conducted. This normally consists of six or seven meetings, culminating with the running of the State Cross Country Championships.

Saturday Afternoon Competition

12.45	1500m Walk U 16 Men, All Women	12.45	High Jump	Women-Div. 2
		1.00	Discus	Men U16
1.05	100m Hurdles Women	1.00	Javelin	Men CD
	1.10 100m Hurdles U16	1.00	Pole Vault	3.50m Start
	(1.15) 110m Hurdles U20, U18	1.20	Hammer	Men-U20
	(1.20) 110m Hurdles ABCD	1.30	Long Jump (S)	Men-U20
	(1.25) 90m Hurdles Women U16	1.30	Triple Jump	Men-U18
1.30	1500m ABCD, Res.	1.40	Shot (N)	Men-CD
	(2.05) 1500m U20, U18, U16	1.40	Discus	Women-Div. 2
	(2.30) 1500m Women	1.40	High Jump	Men-U16
2.40	100m Paraplegics	2.10	Javelin	Men-AB
2.45	100m AB, W1, W2	2.15	Triple Jump	Men-CD
	(2.55) 100m CD, Res	2.15	Shot (S)	Men-U18
	(3.10) 100m, U20, U18, U16	2.20	Hammer	U16
	(3.30) 100m Women 3	2.30	High Jump	Women-Div.1
3.40	3000m Walk, Men A-D U20, U18	2.45	Pole Vault	2.45m Start (U18)
		2.50	Discus	Men-U20
4.00	400m Women	3.15	Triple Jump	Men-AB
	(4.15) 400m ABCD, Res	3.30	High Jump	Men-U20
	(4.35) 400m U20, U18, U16	3.30	Long Jump (S)	Men-U16
4.55	4 x 100m Women	3.35	Javelin	Men-U18
	(5.05) 4 x 100m ABCD	3.40	Shot (N)	Men-AB
	(5.10) 4 x 100m U20, U18, U16	3.50	Discus	Women Div. 1

TIMETABLE 2

Afternoon Competition

12.40	1500m Walk	Men U18, Inv.	12.45	Javelin	Women Div. 1
1.00	400 Hurdles	Women	12.45	Long Jump (S)	Men AB
1.05	400 Hurdles	ABCD	1.00	High Jump	Men U18
	(1.15) 400 Hurdles	U20, U18, U16	1.00	Pole Vault U20, U16	2.30m start
		100m	1.15	Hammer	Men CD
		Top 8 Men, Women	1.20	Discus	Men U18
1.20	800m	Women	1.25	Shot (N)	Men U16
	(1.35) 800m	ABCD, Res	1.30	Javelin	Men U20
	(2.10) 800m	U20, U18, U16	1.45	Long Jump (S)	Women Div. 1
2.35	200m	Paraplegics	1.45	Shot (S)	Women Div. 2
2.40	200m	Women	2.00	Long Jump (N)	Men CD
	(3.05) 200m	ABCD	2.00	Triple Jump	Men U16
	(3.25) 200m	U20, U18, U16	2.20	High Jump	Men AB
3.50	3000m Walk	Women	2.20	Discus	Men CD
4.15	4 x 400m	ABCD	2.25	Hammer	Men AB
	(4.40) 4 x 400m	U20, U18, U16	2.35	Javelin	Men U16
	(4.55) 4 x 400m	Women	3.00	Long Jump (N)	Men U18
		or	3.00	Shot (N)	Men U20
		4 x 200m (alternating)	3.20	Discus	Men AB
			3.25	Shot (S)	Women Div. 1
			3.25	Javelin	Women Div. 2
			3.35	Triple Jump	Men U20
			3.35	Hammer	Men U18,
			3.35	High Jump	Men CD
			3.45	Long Jump (S)	Women Div. 2

Note: The times shown in brackets are approximate only. Heats of track events will be continuous.

TIMETABLE 1

Wednesday Night	7.20 2000m Steeple U20	7.40 5000m AB
	7.30 2000m Steeple U18, U16	8.05 5000m CD
		8.30 5000m Res.

TIMETABLE 2

Wednesday Night	7.00 5000m Walk	Men A-D, U20, Women Sen.
	7.30 3000m Steeple	AB
	7.45 3000m Steeple	CD
	8.00 3000m	Women; Men U18, U16
	8.15 5000m	Men — U20

-MEN'S INTERCLUB QUALIFYING STANDARDS

	A	B	C	D	U20	U18	U16
400 metres	53.0	54.5	56.0	60.0	60.0	64.0	68.0
800 metres	2.05.0	2.10.0	2.15.0	2.20.0	2.20.0	2.25.0	2.35.0
1500 metres	4.15.0	4.25.0	4.35.0	4.50.0	5.00.0	5.15.0	5.30.0
3000 metres						11.30.0	12.00.0
5000 metres	17.00.0	17.30.0	18.00.0	19.00.0	19.00.0		
2000 Steeple					7.30.0	8.00.0	8.30.0
3000m Steeple	10.30.0	11.00.0	11.30.0	12.00.0			
1500m Walk						9.10.0	9.30.0
3000m. Walk	16.00.0	17.00.0	18.00.0	19.00.0	18.30.0	19.30.0	
5000m Walk	27.30.0	28.45.0	30.00.0	32.00.0	31.00.0		
100m Hurdles							21.0
110m Hurdles	20.0	21.0	22.0	23.0	21.0	21.0	
400m Hurdles	62.0	64.5	66.0	67.0	67.0	72.0	76.0
Shot Put	10.30m	9.50m	9.00m	8.00m	8.00m	10.00m	9.00m
Hammer Throw	30.00m	26.00m	24.00m	22.00m	25.00m	22.00m	22.00m
Discus Throw	30.00m	26.00m	24.00m	22.00m	25.00m	22.00m	25.00m
Javelin Throw	43.00m	38.00m	35.00m	33.00m	33.00m	29.00m	20.00m
High Jump	1.70m	1.65m	1.60m	1.55m	1.60m	1.50m	1.40m
High Jump Start	1.65m	1.60m	1.55m	1.50m	1.50m	1.45m	1.35m
Pole Vault	3.05m	2.90m	2.75m	2.60m	2.60m	2.45m	2.30m
Pole Vault Start	2.90m	2.75m	2.60m	2.45m	2.45m	2.30m	2.30m
Long Jump	6.00m	5.80m	5.60m	5.35m	5.35m	5.00m	4.50m
Triple Jump	12.10m	11.80m	11.50m	11.00	11.00m	10.30m	9.30m

EXPLANATION OF SPECIAL EVENTS DAYS

INTER CENTRE MEETING - EASTERN ZONE

An Inter Centre Meeting is held at Olympic Sports Field by each Zone for the Centres forming that Zone. All children are asked to participate.

Tea Tree Gully Centre competes in the Eastern Zone Inter Centre Meeting on the 4th November, 1984 against Ingle Farm, Campbelltown, Eastern Districts, Torrens Valley, Murray Bridge, Riverland Centre (comprising Barmera, Berri, Renmark, Loxton and Waikerie) and Hills Centre.

N.B. Children must be registered and wear the correct T.T.G. Centre uniform to compete.

STATE RELAY CHAMPIONSHIPS

One of the most exciting events is the State Relay Championships held at Olympic Sports Field. 'Individualism' is set aside on this day and 'Team Spirit' takes over. Teams are selected in each age group to represent the Centre after times recorded at earlier meetings are analysed.

PETER FULLAGER WALKS

The Peter Fullager Walks is a competition of walking events only for teams of children from each Little Athletic Centre. Children from each age group are encouraged to represent T.T.G. Centre against other Centres.

Peter Fullager Walks will be held this season at Bulkana Oval, Spring Crescent, Banksia Park on 17th February, 1985.

PROGRAMME - EASTERN ZONE INTER-CENTRE MEETING - 4/11/84

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
LJ	Shot	100m	100m	60mH	60mH	60mH	LJ	Shot	HJ
100m	100m	LJ	LJ	Disc	Shot	Shot	100m	100m	100m
Shot	LJ	200m	200m	200m	200m	200m	Disc	HJ	Shot
200m	200m	Shot	Disc	LJ	LJ	LJ	200m	200m	200m
70m	70m	70m	70m	800m	800m	800m	800m	800m	800m

STATE RELAY CHAMPIONSHIPS - START TIMES FOR HEATS

U/7	Boys	11.25am	U/7	Girls	11.15am
U/8	Boys	11.45am	U/8	Girls	11.35am
U/9	Boys	1.05pm	U/9	Girls	12.50pm
U/10	Boys	12.30pm	U/10	Girls	12.15pm
U/11	Boys	11.45am	U/11	Girls	11.30am
U/12	Boys	11.15am	U/12	Girls	11.00am
U/13	Boys	10.45am	U/13	Girls	10.30am
U/14	Combined	10.15am			
U/15	Combined	10.00am			

To be held at Olympic Sports Field, Kensington on Sunday, 9th December, 1984.

N.B. Times are subject to alteration.

IMPROVERS CHAMPIONSHIPS - Sunday, 24th March 1985

An Improvers Championships is to be held at Golding Oval, Redhill Rd., Ingle Farm. Children who have qualified in 2 events for State Individual Championships are not eligible to compete. Children who have qualified for one event at State Individual may not compete in that particular event.

More details in a later Gully Runner.

WOMEN'S INTERCLUB POINT SCORE TABLES:-
ONE POINT denotes the qualifying standard in each event

BONUS POINTS:

An Athlete breaking the top standard shall receive 2 Bonus points.
An Athlete who equals or breaks the following records shall add to their score these Bonus points:

	3 points		5 points		10 points		20 points	
	Sth	Aus. Res.	Aus. Open	World	100H	400H	4 x 100	4 x 400
20	11.5	11.5	11.5	11.5	13.3	13.8	47.5	3.49.0
19	11.6	11.6	11.6	11.6	13.4	13.9	47.8	3.50.0
18	11.7	11.7	11.7	11.7	13.5	14.0	48.2	3.51.2
17	11.8	11.8	11.8	11.8	13.6	14.1	48.6	3.52.6
16	11.9	11.9	11.9	11.9	13.7	14.2	49.0	3.54.2
15	12.0	12.0	12.0	12.0	13.8	14.3	49.5	3.56.0
14	12.1	12.1	12.1	12.1	13.9	14.4	50.0	3.58.0
13	12.2	12.2	12.2	12.2	14.0	14.8	50.5	4.00.2
12	12.3	12.3	12.3	12.3	14.2	15.0	51.1	4.02.6
11	12.4	12.4	12.4	12.4	14.4	15.3	51.7	4.05.2
10	12.5	12.5	12.5	12.5	14.6	15.7	52.3	4.08.0
9	12.6	12.6	12.6	12.6	14.8	16.0	53.0	4.11.0
8	12.7	12.7	12.7	12.7	15.0	16.3	53.7	4.14.2
7	12.8	12.8	12.8	12.8	15.2	16.6	54.4	4.17.6
6	12.9	12.9	12.9	12.9	15.4	17.0	55.2	4.20.2
5	13.0	13.0	13.0	13.0	15.6	17.4	56.0	4.24.0
4	13.1	13.1	13.1	13.1	15.8	17.8	56.8	4.28.0
3	13.2	13.2	13.2	13.2	16.2	18.2	57.6	4.34.0
2	13.3	13.3	13.3	13.3	16.6	18.6	58.9	4.40.0
1	13.4	13.4	13.4	13.4	17.0	19.0	60.0	4.50.0

**UNDER 16
UNDER 18
UNDER 20
OPEN**

INTRODUCTION TO LITTLE ATHLETICS

Little Athletics is an organisation for young people from 5-14 years which provides opportunity for them to develop talents in all forms of Track and Field Athletics. It is also an activity that the whole family can become involved in, the motto being 'Family Fun & Fitness'.

Little Athletics is designed to allow children to participate without the intense competition of other sports and yet allows for their natural competitive spirit. Personal improvement rather than winning is one of our fundamental aims and should be encouraged.

GENERAL INFORMATION

LOCATION

HOME meetings are held at Bulkana Oval, Spring Crescent, Banksia Park.

AWAY meetings are at address specified in the programme on page 8.

TIME

1.00pm each Sunday except where otherwise shown in programme page 8.

Children are asked to arrive at least 15 mins. prior to the start of all meetings to enable them to warm up.

AGE GROUPS

Children are placed in age groups according to their age on the 1st October 1984.

UNIFORM

Maroon and blue athletics singlet with white shorts for boys and maroon runners for girls. Singlets may be purchased at home meetings. Footwear is compulsory, spikes are permitted in laned track events for U/12 - U/15 athletes and if worn must be put on at the start and removed at the finish of the event.

BOYS EVENTS

Event	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15
60m Hurdles	13.4	12.1	11.4	10.9	11.4	11.0			
90m Hurdles						16.0	17.0	16.0	
70m	12.8	11.8	11.4	11.0					
100m	18.5	17.1	16.0	15.5	15.0	14.4	14.4	14.5	14.0
200m	40.2	36.7	34.7	33.3	32.0	30.7	30.5	30.8	30.0
400m			1.18.0	1.16.0	1.14.0	1.10.0	1.10.0	1.12.0	1.12.0
800m				2.50.0	2.45.0	2.41.0	2.40.0	2.42.0	2.40.0
1500m					5.45.0	5.40.0	5.35.0	6.00.0	6.00.0
400m Walk	3.10.0	2.40.0							
800m Walk			5.30.0	5.15.0	5.05.0	4.50.0	4.50.0		
1500m Walk					10.30.0	9.30.0	9.30.0	9.30.0	9.30.0
Shot Put	4.50m	4.70m	5.70m	6.70m	6.40m	7.10m	7.75m	6.60m	7.25m
Discus	11.50m	14.80m	18.24m	21.50m	20.50m	23.00m	20.50m	21.00m	22.00m
High Jump	0.88m	1.00m	1.10m	1.20m	1.25m	1.32m	1.35m	1.40m	1.40m
Long Jump	2.80m	3.20m	3.50m	3.70m	4.00m	4.20m	4.15m	4.15m	4.25m
Triple Jump					8.30m	8.75m	8.75m	8.80m	9.25m

Should there be too many entries for a particular event, the Competition and Technical Sub-Committee may, at their discretion, limit fields — performances on entry forms being used to assist them in this regard.

GENERAL INFORMATION contd..

REGISTRATION

Children must be registered to enable them to participate in any S.A. Little Athletic Association event.

All children who have registered with the Centre in the previous season must register by 16th November 1984 to be eligible for awards at the T.T.G. Championships.

Under 12 children wishing to try for the State Team Selection must register by 16th November 1984.

FEES

Registration fees are \$15.00 for the first child and \$8.00 each for subsequent children in the same family.

If child's parent has already paid the Centre Membership Fee through the Senior Club the fee for the first child is \$8.00 (exception U/6 children reduce above fee by \$2).

OFFICIALS AND GROUP LEADERS

To enable a meeting to commence we need a number of parents, older brothers and sisters etc. to offer their assistance for timekeeping, measuring and group leading (i.e. taking children from one event to another).

No previous experience is necessary, just a willingness to help is all that is asked.

CANCELLATION OF HOME MEETINGS

On days when the maximum temperature is forecast 38°C or above on Radio 5DN 9.00am. news Home meetings will be cancelled with the exception of the T.T.G. Championships.

1985 STATE INDIVIDUAL CHAMPIONSHIPS — QUALIFYING STANDARDS
GIRLS EVENTS

Event	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13	Under 14	Under 15
60m Hurdles	14.6	12.9	12.1	11.3	11.8	11.4			
90m Hurdles							17.0	17.0	17.0
70m	13.6	12.6	12.0	11.4					
100m	19.6	17.7	16.8	16.0	15.5	15.0	14.8	15.0	15.0
200m	42.6	38.5	36.5	34.5	33.0	32.0	31.5	32.0	32.0
400m			1.25.0	1.21.0	1.18.0	1.14.0	1.13.0	1.16.0	1.16.0
800m				3.15.0	3.05.0	2.55.0	2.55.0	3.15.0	3.15.0
1500m					6.45.0	6.20.0	6.20.0	6.30.0	6.30.0
400m Walk	3.10.0	2.40.0							
800m Walk			5.30.0	5.20.0	5.15.0	5.00.0	4.45.0		
1500m Walk					10.30.0	9.30.0	9.30.0	10.00.0	10.00.0
Shot Put	3.50m	3.80m	4.50m	5.60m	6.60m	7.30m	6.60m	6.75m	6.75m
Discus	8.00m	10.50m	13.00m	15.50m	15.50m	18.00m	16.00m	16.00m	16.00m
High Jump	0.82m	0.95m	1.00m	1.10m	1.20m	1.25m	1.30m	1.30m	1.30m
Long Jump	2.50m	3.00m	3.20m	3.50m	3.75m	4.00m	3.90m	3.80m	3.80m
Triple Jump					8.00m	8.50m	8.50m	8.25m	8.25m

T.T.G. LITTLE ATHLETICS - SUMMER COMPETITION PROGRAMME

September '84

Programme

Sun. 30th 1.00pm. Home - Open Day for Registrations.
"Come and Try".

October '84

Sun. 7th 1.00pm. Home - Bulkana Oval 1
Sun. 14th 1.00pm. Home - Bulkana Oval 2
Sun. 21st 10.30am. Away - Eastern Districts, Webb Oval,
Conyngham St., Glenunga (Doubtful)
Sun. 28th 10.00am. Home - Official opening of Clubrooms.
Special programme, fun events. BBQ

November '84

Sun. 4th 11.00am. O.S.F. Kensington, Eastern Zone Mtg.
Sun. 11th 1.00pm. Home - Bulkana Oval 3
Sun. 18th 9.30am. Away - Munno Para, Cooromowa Res.,
Vincent St., Smithfield Plains.
Sun. 25th 11.30am. Home - Southern Dist. visiting. BBQ 4

December '84

Sun. 2nd 1.00pm. Home - Bulkana Oval 1
Sun. 9th 11.00am. O.S.F. Kensington, State Relay Champs.
Sun. 16th 1.00pm. Home - Xmas Party, BBQ 2
Sun. 23rd - Sun. 6th Jan. inclusive - Xmas break

January '85

Sun. 13th 1.00pm. Home - Bulkana Oval 3
Sun. 20th 1.00pm. Home - Bulkana Oval 4
Sun. 27th 11.30am. Home - East. Dist. visiting. BBQ 1

February '85

Sun. 3rd 1.00pm. Home - Bulkana Oval 2
Sun. 10th 11.30am. Home - Ingle Farm visiting. BBQ 3
Sun. 17th 9.30am. Peter Fullager Walks & U/12 Trials,
Bulkana Oval
Sun. 24th 1.00pm. Home - Broadmeadows visiting 4

March '85

Sun. 3rd 11.00am. Away - OSF hosted by Salis. East. U/12 Trial.
Sun. 10th 1.00pm. Home - Bulkana Oval 1
Sun. 17th 11.30am. Home - T.T.G. Champs. Day 1. BBQ
Sun. 24th 11.30am. Home - T.T.G. Champs. Day 2. BBQ
- Ingle Farm Improvers Champs.
Sat. 30th & Sun. 31st - O.S.F. Kensington,
State Individual Champs.

PROGRAMME OF EVENTS FOR HOME MEETINGS 1984-85

Programme 1

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
70m	70m	70m	70m	70m	60mH	60mH	90mH	90mH	90mH
100m	200m	200m	100m	200m	200m	200m	200m	200m	200m
Disc	Shot	Shot	200m	800m	800m	800m	800m	800m	800m
HJ	LJ	LJ	Disc	Disc	Shot	Shot	Disc	Shot	Disc
			HJ	HJ	LJ	LJ	HJ	LJ	HJ
							LJ		LJ

Programme 2

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
60mH	60mH	60mH	60mH	60mH	100m	100m	100m	100m	100m
100m	100m	100m	400m	100m	400m	400m	400m	400m	400m
Shot	Disc	Disc	Shot	400m	Disc	Disc	Shot	Disc	Shot
LJ	HJ	HJ	LJ	Shot	HJ	HJ	TJ	HJ	TJ
	400W	400W		LJ	TJ	TJ	1500W	TJ	1500W
					1500W	1500W		1500W	

Programme 3

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
70m	70m	70m	70m	70m	60mH	60mH	90mH	90mH	90mH
100m	100m	100m	100m	100m	200m	200m	200m	200m	200m
Disc	Shot	Shot	200m	200m	1500m	1500m	1500m	1500m	1500m
HJ	LJ	LJ	Disc	Disc	Shot	Shot	Disc	Shot	Disc
			HJ	HJ	LJ	LJ	HJ	LJ	HJ
							LJ		LJ

Programme 4

U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15
60mH	60mH	60mH	60mH	60mH	100m	100m	100m	100m	100m
70m	200m	200m	400m	400m	400m	400m	400m	400m	400m
Shot	Disc	Disc	Shot	Shot	Disc	Disc	Shot	Disc	Shot
LJ	HJ	HJ	LJ	LJ	HJ	HJ	TJ	HJ	TJ
			800W	800W	TJ	TJ	800W	TJ	*
					800W	800W		*	

* 800m, 1500m or 1500W

Programme subject to alteration